

NAVY FITNESS INSIDER

Volume 2, Issue 3

August / September 2005

NEW PRT INSTRUCTION 6110.1H IS IN EFFECT

Welcome to another issue of "Navy Fitness Insider". This is the third edition for 2005 and is stocked full of great information for our Navy Fitness readers.

If you have not already heard the newly signed PRT instruction 6110.1H is in effect. The instruction changes are outlined in the NAVADMIN below, but you should be familiar with the entire new instruction. If you have problems finding a copy it is posted at the MWR.Navy.Mil

website look under Mission Essential. The complete version is there for download.

Other highlights in this quarters issue are programs and events happening at NAS Sigonella, Italy.

NAS Sigonella just opened a brand new recreation center that includes a Fitness Center, Bowling Alleys, and Movie theaters. We will take a closer look at this new facility later in the newsletter.

This issue will also address the new Navy Fitness DVD and nutritional issues and tips that may help your sailors maintain a healthy eating lifestyle.

All this along with our recipe of the month and general updates will make this issue of Navy Fitness Insider an enjoyable read for all.

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NAVY PHYSICAL READINESS PROGRAM

NAVADMIN 180/05

Below is the most recent NAVADMIN about the changes in the Physical Readiness Program. Please read this NAVADMIN carefully and understand the changes that will be happening in the upcoming months.

1. TO ENSURE OUR PHYSICAL READINESS PROGRAM TRULY SUPPORTS OUR SAILORS AND COMMANDS IN MAINTAINING A FIT, FULLY CAPABLE AND MISSION READY FORCE; AN EXHAUSTIVE REVIEW OF THE NAVY'S PHYSICAL READINESS PROGRAM IS IN PROGRESS. EXTENSIVE FLEET INPUT PAGE 02 RUERMFU6527 UNCLAS HAS MADE IT CLEAR THE NAVY MUST ADAPT OUR PHYSICAL READINESS POLICY TO REFLECT THE FLEXIBILITY AND AGILITY OUR MISSION ENVIRONMENT REQUIRES. A FIT FORCE INCREASES THE WELLNESS AND PRODUCTIVITY OF OUR PERSONNEL AND DECREASES LOST MAN-HOURS OVER TIME. WE MUST THEREFORE RECOGNIZE THAT PHYSICAL FITNESS IS A READINESS ISSUE BEST ADDRESSED BY CREATING A CULTURE THAT PROMOTES HEALTHY LIFESTYLES AND PROVIDES SAILORS THE LEADERSHIP, TOOLS, AND TIME TO ACHIEVE AND MAINTAIN FITNESS GOALS.
2. REVISION OF THE PROGRAM WILL OCCUR IN THREE PHASES: REESTABLISHING COMMAND AUTHORITY AND RESPONSIBILITY, PROGRAM EXECUTION IMPROVEMENT, AND ULTIMATELY, CREATING A CULTURE OF FITNESS. WE ARE HOLDING INDIVIDUALS, AS WELL AS COMMANDING OFFICERS, ACCOUNTABLE FOR MAINTAINING A FIT LIFESTYLE. COMMANDERS WILL HAVE ADDITIONAL FLEXIBILITY IN HANDLING SAILORS WHO HAVE FAILED TO MEET STANDARDS AS WELL AS ADDITIONAL TOOLS AND INCENTIVES FOR

Upcoming Points of Interest

- NRPA National Conference October 18-22 San Antonio, TX
- Navy Fitness Meeting at Athletic Business November 29 Orlando Convention Center
- Athletic Business Conference December 1-3 Orlando Convention Center





NAVY PHYSICAL READINESS PROGRAM

NAVADMIN 180/05

SAILORS WHO NEED HELP. THE GOAL IS TO ESTABLISH A POSITIVE CULTURE OF FITNESS IN WHICH EXERCISE DURING THE WORKDAY, PURSUIT OF HEALTHIER LIFESTYLES, AND INCREASED OVERALL WELLNESS IS THE STANDARD FOR OUR SAILORS. THESE POLICY CHANGES ARE ABOUT PROMOTING FITNESS AND INSTILLING THAT INTO OUR NAVY. EFFECTIVE IMMEDIATELY, THE BELOW PAGE 03 RUERMFU6527 UNCLAS LISTED ACTIONS ARE IN EFFECT.

3. LEADERSHIP (IMMEDIATE SUPERIOR IN COMMAND (ISIC)): EMPHASIZE THAT PHYSICAL READINESS IS BOTH A LEADERSHIP AND INDIVIDUAL RESPONSIBILITY. STRESS THE IMPORTANCE OF PHYSICAL FITNESS, THE PHYSICAL READINESS PROGRAM, AND ENCOURAGE PERSONNEL TO PURSUE FIT LIFESTYLES. PROVIDE TIME FOR PHYSICAL TRAINING DURING THE WORK WEEK AND EVALUATE THE PROGRAM TO ENSURE COMPLIANCE WITH TESTING AND REPORTING, FITNESS ENHANCEMENT PROGRAM (FEP), AND OTHER ASPECTS OF THE PROGRAM. TREAT PHYSICAL READINESS AS YOU WOULD RETENTION/ ATTRITION IN FUTURE FITNESS REPORTS ON YOUR SUBORDINATE OFFICER AND SENIOR ENLISTED LEADERS.

4. COMMAND ACCOUNTABILITY: CO/OICS ARE REMINDED THAT THEIR COMMAND WILL HAVE AN EFFECTIVE FEP IN PLACE FOR THOSE SAILORS WHO ARE NOT, OR ARE ONLY marginally within standards. SAILORS IN THE FEP WILL BE DOCUMENTED TO INCLUDE, BUT NOT BE LIMITED TO, A RECORD OF THE SAILOR'S PHYSICAL FITNESS ASSESSMENT (PFA) DEFICIENCY AND A DETAILED PLAN ON HOW THE COMMAND AND MEMBER WILL OVERCOME THIS DEFICIENCY.

A. LOG OF THE SAILOR'S PROGRESS WILL BE KEPT AND AT A MINIMUM WILL INCLUDE THE FREQUENCY, INTENSITY, TIME, AND TYPE (FITT PRINCIPLE) OF PHYSICAL TRAINING (PT) SESSIONS HE/SHE ACTIVELY PARTICIPATED IN, AND PAGE 04 RUERMFU6527 UNCLAS MONTHLY PFA RESULTS AS RECORDED IN PRIMS. FEP SHALL BE CONDUCTED DURING THE WORKDAY AT LEAST THREE TIMES WEEKLY FOR ONE HOUR PER SESSION. FOR BODY COMPOSITION ASSESSMENT (BCA) FAILURES, COMMANDS ARE DIRECTED TO CONCENTRATE ON DECREASING BODY FAT. MINIMUM ACCEPTABLE FITNESS PROGRESSION FOR SAILORS WHO FAILED THE BCA IS A ONE PERCENT DECREASE IN BODY FAT PER MONTH, BUT NO GREATER THAN A FIVE PERCENT LOSS OF BODY WEIGHT IN ANY WEEK.

5. SAILORS WHO DO NOT ATTEMPT TO MAINTAIN STANDARDS WILL BE PROCESSED FOR ADMINISTRATIVE SEPARATION (ADSEP) PER MILPERSMAN ARTICLE 1910-170 UTILIZING THE FOLLOWING PHASED APPROACH:

A. JULY 2005: CO/OICS AUTHORIZED, WITH ISIC CONCURRENCE, TO INITIATE ADSEP PROCESSING OF PERSONNEL WHO FAILED THE PFA THREE OR MORE TIMES IN THE MOST RECENT FOUR YEARS AND IN THEIR JUDGEMENT ARE NOT TRYING, OR INDICATE THEY ARE UNWILLING TO TRY, TO MEET STANDARDS.

B. JANUARY 2006: CO/OICS SHALL REVIEW PERSONNEL WHO FAILED THE PFA THREE OR MORE TIMES IN THE MOST RECENT FOUR YEARS AND ALSO FAILED THE FALL 2005 PFA. CO/OICS ARE AUTHORIZED WITH ISIC CONCURRENCE TO INITIATE ADSEP PROCESSING FOR THOSE SAILORS WHO ARE NOT MAKING REASONABLE PROGRESS TOWARD MEETING STANDARDS.

C. JULY 2006: MANDATORY ADSEP PROCESSING FOR PERSONNEL WHO PAGE 05 RUERMFU6527 UNCLAS FAILED THE PFA THREE OR MORE TIMES IN THE MOST RECENT FOUR YEARS AND FAILED THE SPRING 2006 PFA. CO/OICS MAY REQUEST THE ISIC WAIVE ADSEP PROCESSING FOR SPECIAL CASES. PERSONNEL WHO FAILED THE PFA THREE OR MORE TIMES IN THE MOST RECENT FOUR YEARS BUT PASSED THE SPRING 2006 PFA MUST CONTINUE PASSING THE PFA DURING EACH SUBSEQUENT CYCLE UNTIL NO LONGER POSSESSING THREE FAILURES IN A FOUR-YEAR PERIOD.

6. PROMOTION AND ADVANCEMENT: OFFICERS AND ENLISTED MEMBERS WILL BE INELIGIBLE FOR PROMOTION, ADVANCEMENT, OR FROCKING IF THEY FAILED THE MOST RECENT OFFICIAL PFA. MEMBERS MAY REGAIN ELIGIBILITY BY PASSING A MONTHLY PRACTICE FEP PFA. IF THE MEMBER IS NOT WITHIN STANDARDS BY THE PROMOTION CYCLE LIMITING DATE, THE ADVANCEMENT

MAKING SURE OUR SAILORS PASS THE PRT WITH NAVY FITNESS ASSISTANCE

It is more crucial than ever that we educate and assist our Sailors in preparation for the PRT. The current instruction 6110.1H states that we (CNI) shall do the following to aid the Sailor in passing the PRT.

1. Ensure facilities and fitness staff members are available to assist with PFA, physical training (PT), and command-organized or member-organized programs.
2. Ensure healthy, low fat food choices are available at Navy Clubs.
3. Upon request, conduct assist visits at units and tenant commands to provide recommendations for improvement of command Physical Readiness Programs.

These are not unreasonable request from a fitness standpoint. We all need to do a better job at getting to know our CFL's on base. Some of us watch FEP programs in the morning and just shake our heads at what is going on. Here is our chance to make a difference. Find out who their CO is and approach them to see what you could do for them or how you can assist in developing better programs for them. We have the "24 Weeks to Success" FEP program ready to be used as a blueprint for any long term FEP program. Illustrated copies on disc can be obtained by contacting CNI-Millington Detachment.

The Navy should not be losing Sailors because of them being out of shape. The Sailor needs our help more than ever because Fitness is really going to be a deterrent in their future Navy careers.





NAVY PHYSICAL READINESS PROGRAM

NAVADMIN 180/05 (CONTINUED)

AUTHORITY WILL BE WITHDRAWN PER BUPERSINST 1430.16E (FOR ENLISTED PERSONNEL) OR DELAYED PROMOTION OR REMOVAL FROM THE PROMOTION LIST (FOR OFFICERS) PER SECNAVINST 1420.1A.

7. PFA RETAKE: PERSONNEL THAT FAIL THE PFA, MAY RETEST AND RECORD THE BEST SCORE ACHIEVED WITHIN THE COMMAND'S OFFICIAL PFA CYCLE.

8. BODY COMPOSITION ASSESSMENT (BCA) EXCEPTION: FOR PERSONNEL WHO SCORE AN OVERALL OUTSTANDING OR EXCELLENT, WITHOUT A SINGLE EVENT ON THE PHYSICAL READINESS TEST SCORED BELOW "GOOD", CO/OICS ARE PAGE 06 RUERMFU6527 UNCLAS

AUTHORIZED TO INCREASE NAVY BCA CRITERIA TO THE DOD MAXIMUM STANDARD OF 26 PERCENT FOR MALES AND 36 PERCENT FOR FEMALES. THE INDIVIDUAL MUST PRESENT A PROFESSIONAL MILITARY APPEARANCE TO BE ELIGIBLE FOR CONSIDERATION.

9. THE NEXT PHASE IS TO ENACT PROGRAM IMPROVEMENTS TO REFLECT THE TWENTY-FIRST CENTURY NAVY IN WHICH WE SERVE. THE NEW PROGRAM WILL NOT ONLY ENCOURAGE POSITIVE BEHAVIORAL CHANGES, BUT MAY INCLUDE NEW TESTING OPTIONS AND INCENTIVES, AND WILL ALSO PROVIDE ACCOUNTABILITY AND REWARDS FOR COMMANDERS. THE ULTIMATE GOAL IS TO TRANSITION FROM OUR CURRENT CULTURE OF TESTING TO A CULTURE OF FITNESS. SOME OF THE CHANGES AND RATIONALE THAT WE ARE CONSIDERING ARE:

A. ADDING THE ELLIPTICAL AND STATIONARY CYCLE AS OPTIONS FOR THE AEROBIC PORTION OF THE TEST.

B. SIMPLIFYING THE CURRENT PRT SCORING CATEGORIES TO SUPERIOR, AVERAGE, AND MARGINAL AND TO REFLECT THOSE CATEGORIES IN BLOCK 20 ON UNCLAS

SUBJ: PHYSICAL READINESS PROGRAM

THE FITREP/EVAL. FOR THOSE SAILORS WHO SCORE A SUPERIOR ON THE PFA, THE NEXT PFA COULD BE WAIVED AT THE COS DISCRETION. SAILORS WHO FAIL OR SCORE MARGINAL WOULD BE PLACED IN THE FITNESS ENHANCEMENT PROGRAM.

C. ADDING BODY FAT MEASUREMENTS FOR ALL SAILORS TO HEIGHT, WEIGHT, BLOOD PRESSURE AND CHOLESTEROL DATA COLLECTED DURING THE ANNUAL HEALTH EXAMINATION TO AID THE NAVY, AS WELL AS THE SAILOR, IN JUDGING OVERALL FITNESS AND HEALTH.

D. INCORPORATING A STANDARDIZED PT UNIFORM THAT WILL BE WORN DURING PFAS AND COMMAND GROUP PT.

E. IMPROVING INFORMATION TECHNOLOGY (IT) SOLUTIONS TO PROVIDE THE NECESSARY TOOLS TO ALLOW ISIC VISIBILITY OVER SUBORDINATE

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COMMAND FITNESS SCORES AND PROGRAM TO COMPARE THEIR SUBORDINATE UNITS.

10. THE APPROVED CHANGES OUTLINED IN THIS NAVADMIN AND OTHERS ARE

REFLECTED IN OPNAVINST 6110.1H WHICH WILL SOON BE AVAILABLE AT:

WWW:/NEDS.DAPS.DLA.MIL/6110.1H. THE NAVY PHYSICAL READINESS PROGRAM

(COMNAVPERSCOM (PERS-676) WEBSITE AT

WWW.NPC.NAVY.MIL/COMMANDSUPPORT/PHYSICALREADINESS WILL ALSO CONTAIN

THIS DIRECTIVE AND OTHER FITNESS, NUTRITION, AND WEIGHT MANAGEMENT

REFERENCES.

11. TO ACHIEVE BOTH THE CURRENT REVISIONS AND THOSE TO FOLLOW, COMMAND SUPPORT IS PARAMOUNT. IT IS THE RESPONSIBILITY OF LEADERSHIP TO ESTABLISH A COVENANT WITH SAILORS TO PROMOTE FITNESS BY PROVIDING THE TOOLS FOR SUCCESS TO OUR SAILORS, ESPECIALLY THOSE WHO HAVE FAILED, TO HELP THEM SUCCESSFULLY COMPLETE THE FEP AND SUBSEQUENTLY PASS THE PFA.

12. AS WITH ANY CHANGE, THERE WILL BE CHALLENGES. THE CURRENT CHANGES ARE THE FIRST STEP IN THE PROCESS TO ESTABLISHING A CULTURE OF FITNESS. COMMANDERS WILL BE CHALLENGED TO FOSTER A POSITIVE FITNESS CULTURE AND SAILORS WILL BE CHALLENGED TO LIVE THIS CULTURE AND HOLD THEIR FELLOW SHIPMATES TO THE STANDARD. THIS WILL BE A

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JOURNEY LONG OVERDUE. WITH YOUR HELP, WE WILL GET THERE.

13. RELEASED BY VADM G. L. HOEWING, N1NT./

BT

NEW NAVY FITNESS BASIC FITNESS TRAIN- ING DVD

A new instructional DVD is out from Navy Fitness.

The DVD demonstrates the areas of warm up, cardiovascular training, and strength training. The DVD shows proper stretching techniques, proper cardiovascular set up, and proper set up of 10 selectorized weight machines. It is intended to educate the fitness beginner with a basic program that can be used at any of our fitness centers throughout the world to promote a lifestyle of fitness.

This DVD can be used as an educational tool or as an orientation for new patrons into your weight room. Proper exercise execution is one of the biggest problems that beginners face in the weight room rather it be stretching or lifting. This DVD will assist Navy MWR Fitness Staff Members in showing patrons how to do this.

These DVD's will be available soon from Navy Fitness. Contact CNI-Millington Detachment N221D to get your copy.



Americans prefer low-impact exercise

By Lisa Liddane Orange County Register June 20, 2005

Gentler. Kinder. This is the type of exercise that is capturing the attention of more Americans.

Elliptical-trainer workouts, yoga and tai chi are the fastest-growing fitness activities in the United States, according to a six-year survey by the Sporting Goods Manufacturers Association.

Conversely, high-impact aerobics has been declining from 1998 to 2004.

The SGMA presented these findings recently in Los Angeles.

Credit the aging Baby Boomer generation for the growth of these activities, said Gregg Hartley, SGMA vice president.

To hear Boomers tell it, some are looking to preserve their joints – especially knees and ankles – that have been jarred or stressed during other activities. Other exercisers are seeking activities that promote the mind-body connection. Some simply want to add variety to or round out their regimens with activities that enhance flexibility or are low-impact.

The growth of fitness walking is outpacing fitness running, again because more people find walking accessible

and gentler to the body.

Not surprisingly, more people are participating in Pilates, another mind-body exercise. The SGMA started monitoring Pilates in 2000, so statistics for a six-year period were not available.

People also are taking the time to work on strength. More are using dumbbells and resistance machines than other types of strength-training equipment. It's probably because dumbbells and resistance machines are more user-friendly.

As for cardio equipment, elliptical-trainer use is skyrocketing, even if treadmills remain overall the most widely used machines across the nation. Elliptical-trainer use shot up nearly 305 percent over six years, compared with 28 percent for treadmill use.



Another indicator of the kinder, gentler phenomenon: More people are using the recumbent bike than the upright stationary bike, because sitting on a recumbent is more comfortable.

What equipment is becoming less popular?

The cross-country ski machine, the aerobic rider and stair-climber.

Although it provides a good workout without pounding the joints, the cross-country ski machine may be daunting to use for some people because it involves coordinating upper and lower body movements.

While these trends underscore an evolution in fitness, they don't invalidate the activities and machines that are no longer in vogue.

If you've been faithfully exercising on a stair climber or cross-country ski machine, or if you still attend a high-impact aerobics class and are getting a solid workout, stick with it.

Trends aside, the most effective exercise machines and activities are the ones you enjoy.

TOO MUCH WATER DURING EXERCISE CAN KILL

YAHOO NEWS/ HEATH DAY TUESDAY, JULY 26, 2005

Sports Medicine experts have issued a report aimed at increasing awareness of exercise associated hyponatremia—a condition in which athletes develop dangerously low sodium levels by drinking excessive amounts of fluids during prolonged exercise.

The report—which provides information on the causes, recognition, prevention and treatment of the potentially fatal condition—is a position statement issued by experts who attended the First International Exercise-Associated Hyponatremia Consensus Development Conference held in Cape

Town, South Africa, in March.

According to the experts, women, novice athletes, slow-paced runners and athletes with relatively low body weights are at especially high risk for hyponatremia.

In 2002, a 28-year-old female competitor in the Boston Marathon collapsed and died from hyponatremia after finishing the race.

The key to preventing the condition is to avoid drinking a larger volume of fluid than the body

loses in sweat and urine, according to the report. Sports drinks or salt tablets do not appear to reduce the risk in people who over-drink during exercise.

Planners of marathons and other endurance events are also recommended to discourage over-consumption of fluid by placing water stations a good distance apart.

The report is published in the July/August issue of the Clinical Journal of Sports Medicine.



GETTING ON TRACK— PARENTS MUST KNOW THE REQUIREMENTS OF A YOUNG ATHLETE'S DIET

BY PATRICIA DOLAN & PETER TITLEBAUM (FROM SPORTING KID BACK TO SCHOOL 2005)

Let's face it: Providing fuel for your young athlete can be a challenge. There is an overload of information that doesn't always come from the most reliable sources. That's why it's important for parents to filter these messages. Most kids are more interested in what tastes good rather than what is the best food to enhance growth and performance.

As children develop from toddlers, to school ages, to teens, their nutritional needs change. All humans require the same nutrients, but in varying amounts through their lifecycle. In the teen years, nutritional requirements increase significantly.

From birth through early school age, there are no differences in the nutritional requirements of boys and girls; but as they begin to approach puberty, there are changes in the amounts of essential nutrients for males vs. females. The gender differences in nutrient requirements begin sometime between the ages of 10 and 14 years, so that by the age of 14, the needs of males and females have widened.

MALES, 14-18 Years

As boys begin their biggest growth "spurt" since they were babies, parents will notice a significant change in appetite. This is due to the need for additional energy that is required to fuel this growth, and the more active he is, the more energy he will need.

For example, a 14 year old approximately 5 foot 5 inches and weighing

112-115 pounds will need about 2,000 calories per day if sedentary, but if very active and will need nearly 3,300 Calories.

Amounts of protein are slightly higher for males than females at this age. Boys also begin to need higher levels than girls of other nutrients such as Vitamins A, B, and



C as well as thiamin, riboflavin and niacin. These vitamins are easily obtained if the foods eaten are wholesome, or what is called "nutrient dense."

FEMALES, 14-18 YEARS

Girls are also undergoing a period of growth during these years, and in most cases begin their growth before boys of the same age. A girl age 14 who is approximately 5 foot 3 inches tall and 108-110 pounds will require only 1,700 calories per day and as much as 2,800 if she is very active.

While the height and weight of the boy listed above isn't significantly larger than the girl at this age, he is able to consume considerably more calories to support the growth that he is undergoing. But the bodies of adolescent girls are either preparing for or have started menstruation,

which causes a monthly loss of iron. Therefore, girls have a 26 percent higher need for iron than boys of the same age.

It is a concern that many teenage girls are deficient in Vitamins A, B folate, riboflavin, iron, calcium and zinc. This may be due to skipped meals and snacking on "junk food."

THE FOOD

In order to ensure adequate nutrition for your growing athlete, it is good to have available to them foods that are reasonably nutritious. It is not necessary for them to eliminate snack foods from their daily intake, but it is important to have them consume a variety of foods containing the essential nutrients.

The six classes of nutrients needed for people of all ages include: carbohydrates, vitamins, protein, minerals, fat and water.

It is possible obtain all these nutrients through food, but it does take some thought and preplanning.

As teens shift their focus from family to their peer group, they tend to prefer the foods that their friends are eating. This usually increases their intake of snack foods, sodas, sweets and fast food. Excessive quantities of these "empty calories" provide energy, but not nutrition. It is so much better to "spend" calories on foods that pack in the nutrients that they need for their growth and future wellness.



Supersize Me By The Pound

From Supersizeme.Com by Morgan Spurlock

These facts? Uh, Not So Fun.

1. Each day, 1 in 4 Americans visits a fast food restaurant
2. In 1972, we spent 3 billion a year on fast food - today we spend more than 110 billion
3. McDonald's feeds more than 46 million people a day - more than the entire population of Spain
4. French fries are the most eaten vegetable in America
5. You would have to walk for seven hours straight to burn off a Super Sized Coke, fry and Big Mac
6. In the U.S., we eat more than 1,000,000 animals an hour
7. 60 % of all Americans are either overweight or obese
8. One in every three children born in the year 2000 will develop diabetes in their lifetime
9. Left unabated, obesity will surpass smoking as the leading cause of preventable death in America
10. Obesity has been linked to: Hypertension, Coronary Heart Disease, Adult Onset Diabetes, Stroke, Gall Bladder Disease, Osteoarthritis, Sleep Apnea, Respiratory Problems, Endometrial, Breast, Prostate and Colon Cancers, Dyslipidemia, steatohepatitis, insulin resistance, breathlessness, Asthma, Hyperuricaemia, reproductive hormone abnormalities, polycystic ovarian syndrome, impaired fertility and lowerback pain.
11. The average child sees 10,000 TV advertisements per year
12. Only seven items on McDonald's entire menu contain no sugar
13. Willard Scott was the first Ronald McDonald - he was fired for being too fat
14. McDonald's distributes more toys per year than Toys-R-Us
15. Diabetes will cut 17-27 years off your life
16. McDonald's: "Any processing our foods undergo make them more dangerous than unprocessed foods"
17. The World Health Organization has declared obesity a global epidemic
18. Eating fast food may be dangerous to your health
19. McDonald's calls people who eat a lot of their food "Heavy Users"
20. McDonald's operates more than 30,000 restaurants in more than 100 countries on 6 continents
21. Before most children can speak they can recognize McDonald's
22. Surgeon General David Satcher: "Fast food is a major contributor to the obesity epidemic"
23. Most nutritionists recommend not eating fast food more than once a month
24. 40% of American meals are eaten outside the home
25. McDonald's represents 43% of total U.S. fast food market





HOW MUCH DOES ONE HIGH-FAT MEAL CONTRIBUTE TO HEART DISEASE?

FROM THE KSBWCHANNEL.COM

Posted 5:31 P.M. PST March 4, 2005

Heart disease is the No. 1 killer of women and a leading cause of death for all Americans. So, researchers at the University of Miami wanted to know if eating just one high-fat meal can contribute to heart disease.

In the acclaimed documentary "Supersize Me," the filmmaker eats all his meals at a McDonald's restaurant for a month, causing his weight and cholesterol to climb.

"We've known for many years a high-fat meal on a regular basis can cause a lot of problems," said University of Miami study participant Araley Peter.

But researchers wanted to know what kind of an effect just one high-fat meal would have.

"The results were very surprising," said University of Miami researcher Eduardo De Marchena.

The startling findings were recently published in the American Heart Association's journal *Circulation*.

"The people who participated in the study were all young people, like me, in their 20s without any medical problems," Peter said.

On one day, the participants were served a low-fat breakfast of Frosted Flakes, skim milk and orange juice. The next day, participants ate a very high-fat breakfast, consisting of an egg McMuffin, a sausage McMuffin and two hash browns.

After each meal, blood was drawn and tested. No problems were detected after the low-fat meal. But the same couldn't be said for the latter experiment.

"The thing that's very interesting in this study is that just a couple of hours after a high-fat meal, we found evidence that there was damage already in the surface of the blood vessels," De Marchena said.

The evidence was a dramatic increase in micro-particles released when the lining of blood vessels is damaged. And three hours after the meal, harmful blood fat called triglycerides, shot up 81 percent.

"We think that this will eventually lead to hardening of the arteries. It can also lead to clotting or forming clots inside the blood vessels, which can potentially

healthy can hurt your arteries. One day, one meal will hurt, and it's measurable," Llamas said.

The high-fat breakfast tested was made up of foods from McDonald's restaurant. McDonald's said that it is committed to offering quality food choices and that the "study is not about McDonald's. It is not where you eat, but the food choices you make, and especially how much you eat."

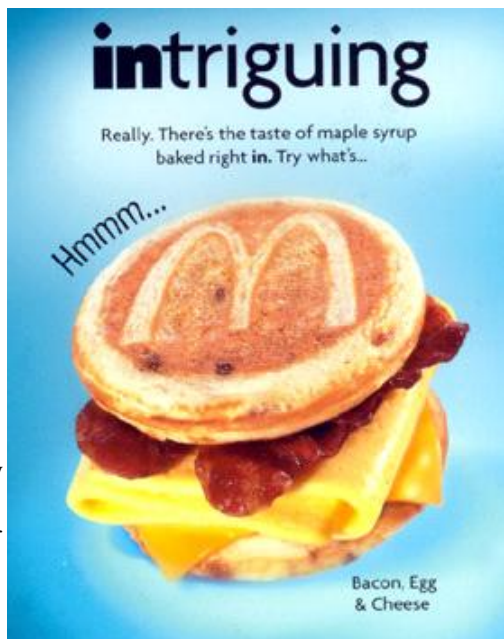
Researchers agree, and they are planning a new study.

Complete McDonald's Statement:

"This study is not about McDonald's. It is not where you eat, but the food choices you make, and especially how much you eat. At McDonald's, we continue to demonstrate our commitment to helping our customers achieve balanced, active lifestyles by offering even more quality food choices, in a variety of portion sizes, that can easily fit into a variety of eating styles. In the United States, for example, McDonald's served more than 200 million Premium Salads in 2004, which equals 400 million servings of leafy green vegetables. We also served over 35 million pounds of fresh apples.

We also help our customers make informed choices by providing nutrition information on our trayliners, through in-store brochures, a toll-free phone number and our McDonalds.com Web site. The key is to work together to educate and empower people to make smart choices when dining and to encourage physical activity."

Dr. Cathy Kapica, McDonald's Global Director of Nutrition



lead to stroke or heart attack," De Marchena said.

And it doesn't have to be a fast food breakfast to be damaging, according to De Marchena. Researchers say the meal they tested was 50 grams of total fat, with 14 grams from saturated fat. And their findings apply to any high-fat food combo, no matter where it's cooked.

The study sends a strong message, according to heart expert Dr. Gervasio Llamas, from Mount Sinai Medical Center.

"Just one meal that is high fat and un-



Navy Fitness Insider Highlights Programs at NAVAL AIR STATION SIGONELLA

By Rumbach, Jennifer JOSN

Maybe it's the thrill of looking in the mirror and knowing you look your best.

Maybe it's the challenge of pushing your mind and body to it's limits.

Maybe it's the joy felt after spending a day competing in a variety of activities with your friends.

What ever inspires you to get out and be active the chances are Naval Air Station Sigonella's brand new and revamped fitness, aquatics and sports programs have something to help get you there.

Split into two bases ten miles apart, Sigonella is home to over 7,000 military members and their dependents.

On each base, known as NAS I and NAS II, Morale, Welfare and Recreation (MWR) have provided these inhabitants with sports and fitness facilities.

Walking through the glass doors of NAS I's FitDistrict a person can easily forget they're stationed at one of the military's most strategic bases within the Mediterranean theater.

Housed within a brand new 90,000 square foot entertainment complex, MWR has created a mecca for the fitness gurus and recreational junkies hidden deep within each visitor.

Contained within the \$24 million facility are new elliptical machines, stationary bikes, treadmills,

weights, circuit training machines, a spinning room, an aerobics room, two racquetball courts, a rock climbing wall and a hard wood floor gymnasium surrounded on the upper level by an indoor track.

Fitness equipment is spread out across the second floor and even has its own less traffic-ed area for those still learning the



equipment. This allows them the comfort of easing into a fitness routine without some of the apprehension felt by first timers.

On the first floor is the entrance to the basketball courts, which have been designed with multi layers of padding underneath the floor to reduce the risk of leg injuries, associated with long term engagement in such sports.

Nearby are the two-racquetball courts and rock climbing gym, all encased behind glass walls that add to the open, inviting feel of FitDistrict.

Splashers, the NAS I pool, is a miniature water park for the

base with two slides reaching up to the second story twisting and turning their way down into the massive pool. Designed with the family swimmers and serious sport swimmers in mind, the pool allows both the opportunity to enjoy the cool water on a hot Sicilian day at the same time.

The pool also plays host to the Sigonella Swordfish, the base's own competitive youth swimming team. For the much younger Sigonellans there is a wading pool complete with jungle gym that shoots out water at every turn guaranteeing no one goes home dry.

Not to be over shadowed by NAS I, MWR decided to renovate the NAS II gym giving it all new basketball courts, locker rooms, fitness facilities and...a new name. The Flightline Fitness Center also neighbors the NAS II pool providing an inviting atmosphere for the individuals seeking an exercise outlet near their home or place of business.

Both pools are guarded by American Red Cross certified lifeguards and off the chance for swim lessons.

Forget your bathing suit?

Programs at each facility and the nearby housing complexes have other options that give little room for boredom to rear its ugly head.



Through the Sports Coordinator Sigonella offers spring intramural sports such as softball and 5-on-5 soccer. Fall brings flag football, volleyball and eases sports enthusiasts into the winter with intramural basketball which has its own over-30 basketball league and summer basketball league. All five sports have leagues, divided by commands, which participate in post-season tournaments.

The base also hosts two racquetball, two tennis and eight golf tournaments throughout the year.

Sports for the playful at heart, such as 2-on-2 sand volleyball, dodge ball, 3-on-3 basketball, and horseshoe also offer their own on base tournaments.

Once a year, on Armed Forces Day, Sigonella's base commands gather for a day of fun in the sun with the Armed Forces Command Challenge. With music and the smell of barbecue filling the air the commands each enter a team to compete all day in different events such as kickball, dodge ball, water tag, sand volleyball, water tag and horseshoes.

For those with the commitment to yearlong sports there is the Captain's Cup, where commands can earn points for every team or individual that participates in any sports, fitness, or aquatics event. At the end of the year, the command with the most points is awarded a trophy by the commanding officer of the base.

Throughout the housing communi-

ties and on both bases competitive and fun runs are featured regularly to help foster an atmosphere that is supportive of serious runners and recreational runners alike. During the competitive runs, times are tracked and prizes handed out for the speediest of the speed demons in various age categories.

Formation runs are held each year with one held for POW's and another in memory of September 11. Up to 200 runners have participated in some of these events.

During the fun runs, anyone, adults, kids and their pets are invited to come out and participate.

But how can one properly compete if they haven't put the personal time into their overall fitness regimen?

Never to fear the Fitness Coordinator is here!

The FitDistrict's new aerobics center offers in house aerobic certification to keep the over 25 classes a week aerobic program fully staffed. There's spinning, firm and burn, power yoga, beginners yoga, step, bosu training, and kickboxing to choose from.

These programs have increased user-ship of the NAS I fitness facilities from 300 a day to over 1,000 a day.

Not sure how to use the equip-

ment?

There are always fitness professionals available at FitDistrict and the Flightline Fitness Center to help individuals learn to safely and efficiently make use of the tools Sigonella's MWR has provided them with.

Coming in September, adults will have the opportunity to learn to use the equipment and assess their workout goals during a two-week program called Get Fit.

For those who aspire to be a man or woman of steel Sigonella offers an annual public bodybuilding competition with winning categories such as best overall and best poser.

Since fitness begins at a young age, the Fitness Coordinator has put together a Learn to Lift program for the ten and older age group. Like Get Fit, the two-week program teaches students to use equipment that is age appropriate safely and effectively. Those over the age of 14 receive a pass to workout in the gym without their parents.

Whatever your age, whatever your fitness level and whatever your desire Sigonella's MWR has created an atmosphere for all to succeed and grow in their fitness goals while having fun.



RECIPE OF THE MONTH

Fresh Fruit Smoothies Deliver Antioxidants

By Megan Murphy - Commercial Appeal Monday, June 27, 2005

Hot summer days call for cool, luscious drinks.

Smoothies fit the bill.

At my house in the summer, we often whip up frozen fruit in the blender with juice, milk or soy milk to produce sweet-tasting frosty drinks.

While many drinks contain lots of calories and not enough nutrition, you won't be able to say that about this recipe. Using three kinds of fruit plus yogurt, this refreshing drink is packed with potassium, calcium and vitamin C, along with phytochemicals that benefit human health in many ways.

Blueberries are full of antioxidants. They were rated No. 1 in antioxidant activity in a recent study that looked at antioxidant activity in 40 fruits and vegetables.

Antioxidants help compensate for the erratic behavior of oxygen once it enters our system. When we metabolize oxygen it becomes unstable, and tends to "borrow" electrons from other areas of the body, especially cell membranes and LDL cholesterol. When LDL cholesterol is oxidized in this way, it becomes more likely to end up as plaque on our arteries, narrowing the space in which blood is able to flow.

With plenty of antioxidants in our diet, we save our cell membranes and LDL cholesterol from being damaged.

This seem to help with the aging process, as well as decreasing the risk for heart disease.

Blueberries also contain resveratrol, a substance found in red wine that is thought to help lower the risk for heart disease.

Some scientist recommend we eat 1/2 cup of blueberries a day to help keep our heart healthy. On average, Americans eat about 2 1/2 cups of blueberries a year.

Adding blueberries, strawberries, or any fruit to an enticing cool drink is a great way to get quality nutrition and enjoy it,

too.

You can buy frozen fruit at the grocery store, but consider buying extra fruit in season and freezing it in zip-top bags to enjoy all year.

Also, when your bananas are on the verge of getting too ripe, peel them, cut them in chunks and place in zippered freezer bags for future use.



Hailey's Smoothie

3 Kiwis, peeled and chopped

2 Frozen bananas, peeled and cut into chunks

1 Cup blueberries

1 Cup plain Yogurt

1 1/2 Cups crushed Ice

3 Tbs. Honey

1/4 Tsp. almond extract

In a blender, combine all ingredients and blend until smooth.

Makes four servings.

Per Serving: 196 Calories, 2gm Fat, 0 gm Saturated Fat, 0mg cholesterol, 45 gm carbohydrates, 4gm fiber, 5gm protein, 50mg sodium



SWEET SUCCESS? Candy makers hope fitness enthusiasts cotton to power treats

By Dan Caterinicchia Associated Press June 27, 2005

CHICAGO – Apparently energy-packed sports drinks aren't enough. Now there are vitamin-laced jelly beans and ginseng-stoked chews.

The nation's candy makers are targeting fitness enthusiasts seeking to boost athletic performance or quickly grab a jolt of energy.

Industry insiders and analysts who gathered in Chicago for North America's largest candy trade show say the odd pairing of candy and fitness might just make economic sense. Consumers are scooping up more than \$3 billion a year in "energy" gels, bars and drinks, and the crowded, \$25 billion confection industry must continue to innovate if it's going to sweeten the bottom line.

And when you consider that more than 60 percent of adults say they exercise, the new products stand a good chance of catching on, said Harry Balzer, vice president of a consumer marketing firm that tracks the food industry.

"Americans are explorers, they like new things," said Balzer of the NPD Group. "As long as you don't upset my expectations of taste, that's the most important thing."

At the All Candy Expo in Chicago, Jelly Belly Candy Co. of Fairfield, Calif., introduced "Sport Beans." Each one-ounce serving has Vitamins C and E plus 120 milligrams of electrolytes to boost energy and prevent dehydration.

"We felt there was an opening in the market for a non-bar, non-chocolate functional product," said Bill Kelley, Jelly Belly vice chairman. "This has the energy component, electrolytes and it

tastes good" in lemon-lime and orange flavors.

The new beans are expected in stores later this summer.

BestSweet Inc. of Mooresville, N.C., signed up stock-car racing star Dale Earnhardt Jr. to endorse its new XLR8 Energy Chews made with caffeine, ginseng and guarana.

"Over time, more and more candy will contain something of additional value, vitamins or additives," said BestSweet's Steve Berkowitz. He said three of the taffy-like candies provide a boost



equivalent to drinking one can of the immensely popular Red Bull energy drink.

Schuster Marketing Corp.'s sugar-free Blitz Energy Gum has 100 milligrams of caffeine, about the same as a freshly brewed cup of java.

Steve Schuster, president of the Milwaukee-based company, said the caffeine-rich, vitamin-fortified gum is part of a natural evolution from its sugar-free, low-calorie offerings especially as

Attention

Be on the lookout for the below products being used by our sailors in our gyms!

the United States struggles with obesity.

But some question whether marketing candy as part of an active lifestyle makes sense.

"I don't think that (the new products) belong in the candy aisle," said Cynthia Sass, a registered dietitian and spokeswoman for the American Dietetic Association. "I'd like to see some research that shows they do what they claim to do, a track record. A lot of these products may not have that."

Sass said many people, from serious athletes to couch potatoes, don't really need the stimulants and other substances found in many energy products.

"People need to realize if they haven't been sweating and need to replace electrolytes, you don't really need these products," she said. The use of stimulants is an even greater concern because they can cause dangerous increases in a person's heart rate and blood pressure, she added.

But Larry Graham, president of the National Confectioners Association, said candy makers are simply answering consumer demand.

"Manufacturers are looking for new ways to build healthful benefits into their candy," Graham said.

'Portion distortion'

By Nanci Hellmich, USA TODAY Wed Jun 22, 8:43 AM ET

Call it the supersizing of Americans. As portions have grown larger over the past 40 years, so have people in the USA, says Lisa Young, a nutrition researcher at New York University who has studied the trend she calls "portion creep."

Studies show that the more food put in front of people, the more they eat. And since the 1960s, the serving sizes of foods sold in stores and restaurants - from candy bars to burgers and sodas - have become much bigger, Young says.

This means that when given a cookie the size of a Frisbee or a bagel as big as a flotation device, people ramp up their calorie intake. "Americans have grown proportionally to increased portion sizes," Young says.

She has analyzed the increased serving sizes of different foods in her new book, *The Portion Teller: Smartsizes Your Way to Permanent Weight Loss* (Morgan Road Books, \$19.95).

Others agree with Young's premise. "Portion distortion is a major contributor to many expanding waistlines," the [American Heart Association](#) reports in its new book, *The No-Fad Diet* (Clarkson Potter, \$24.95)

About 65% of Americans are overweight or obese today, compared with 47% in the early 1970s and 45% in the early 1960s. Some of Young's examples of the perils of portion size:

- One cup of pasta has almost 200 calories, which used to be a typical restaurant serving. Now some restaurants serve three cups of pasta for an entree, racking up nearly 600 calories without sauce, she says.



- Bagels used to be 2 to 3 ounces, or about 200 calories. Today they're 5 to 6 ounces, which is more than 400 calories, depending on the type.

"People have no idea that a 5-ounce bagel is equal to five pieces of bread or 15 cups of popcorn," Young says.

For people who consume about 1,600 calories a day, a 5-ounce bagel would be the five servings of breads/grains that they should eat for the entire day, she says.

- A half-ounce cookie is about 50 or 60 calories, depending on the type. But some jumbo cookies are now 4 ounces, about the diameter of a CD, and pack in as many as 400 to 500 calories. "That means an oatmeal cookie is more like an oat meal," Young says.

Rather than cutting carbs, fats or proteins, Young says Americans should "smartsizes" their portions. She recommends using visual images to become aware of how much you're eating. For instance, a 3-ounce serving of meat is the size of your palm or a deck of cards.

Young says that once you get into the habit of monitoring your por-

tions, it becomes second nature.

"Don't buy into the (idea) that what the restaurant is serving you is an appropriate amount of food to eat," Young says. It's possible that you're getting three to four servings of meat at one meal, she adds.

The heart association's *No-Fad Diet* book suggests cutting portion sizes by 25%. This technique is called "the 75% solution," and the heart association says it could be a way to cut 500 or more calories a day from your diet.

But there is no need to go hungry. You can increase the portions of some food, such as produce, says Keith Ayoob, an associate professor of pediatrics at Albert Einstein College of Medicine in New York and co-author of the upcoming book *The Uncle Sam Diet* (St. Martin's Press, \$5.99), which is based on the new federal dietary guidelines.

You can eat lots of broccoli, green beans, deep-green lettuce, peppers, carrots, apple slices and strawberries without eating too many calories, Ayoob says. Most people do not eat enough fruits and vegetables to meet the dietary guidelines, he says.

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Failure Is Not an Option!